

В. М. БУРЕНКО

АНГЛІЙСЬКА МОВА

(10-й рік навчання, рівень стандарту)



**ПІДРУЧНИК ДЛЯ 10 КЛАСУ
ЗАКЛАДІВ ЗАГАЛЬНОЇ СЕРЕДНЬОЇ ОСВІТИ**

VALENTYNA BURENKO

ENGLISH

(Year 10, standard level)

A TEXTBOOK FOR THE TENTH FORM OF SECONDARY SCHOOLS

Харків
Видавництво «Ранок»
2018

УДК 811.111(075.3)

Б91

Burenko, Valentyna

English (Year 10, standard level) : a textbook for the tenth form of secondary schools / Valentyna Burenko. — Kharkiv: PH «Ranok», 2018.

Буренко В. М.

Б91 Англійська мова (10-й рік навчання, рівень стандарту) : підруч. для 10 кл. закл. загальн. середн. освіт. / В. М. Буренко. — Харків : Вид-во «Ранок», 2018.

ISBN

УДК 811.111(075.3)



Інтернет-підтримка

Електронні матеріали до підручника
розміщено на сайті

interactive.ranok.com.ua

ISBN

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Table of Contents

THE WORLD OF RELAXATION

Dive 1.....
Dive 2.....
Dive 3.....
Dive 4.....
Dive 5.....
Dive 6.....

KEEP FIT!

Dive 7.....
Dive 8.....
Dive 9.....
Dive 10.....

THE WORLD OF ARTS

Dive 11.....
Dive 12.....
Dive 13.....
Dive 14.....

TEENAGERS' WORLD

Dive 15.....
Dive 16.....
Dive 17.....
Dive 18.....

CANADA

Dive 19.....
Dive 20.....
Dive 21.....
Dive 22.....

UKRAINE

Dive 23.....
Dive 24.....
Dive 25.....

LEARNING FOR LIFE

Dive 26.....
Dive 27.....
Dive 28.....
Dive 29.....

THE WORLD OF JOBS AND PROFESSIONS

Dive 30
Dive 31.....
Dive 32.....

NEW HORIZONS

Dive 33.....
Dive 34.....
Dive 35.....

CARING FOR OUR PLANET EARTH TOGETHER

Dive 36
Dive 37.....
Dive 38.....
Dive 39.....

Grammar
Dictionary
Texts for Listening.....

Words to learn:

jogging;
 scuba diving;
 weightlifting;
 squash;
 trend;
 kungfu;
 negotiations;
 smart;
 weightlifter;
 scuba;
 diving;
 negotiation.

1. Listen, read this poem and say what aspects are mentioned in it in order to enjoy your life. Do you agree with Larysa Levchenko? Why? Why not? Give your reasons.

Building a Healthy Life

Good health is great blessing.
 It's given as a gift.
 Let's value every moment of life,
 Because it is unique.

The games we played in childhood
 Can help to build life skills,
 To cooperate with people,
 Be positive in deals.

Your health depends on your behaviour,
 Relationship with friends.
 Be patient, tolerant and helpful,
 And you'll avoid bad trends.



Team project works and doing things in a group Can help you to improve your mood!

Be lucky, happy, positive in thinking,
 Let friendship, love accompany your way.
 Avoid anger, envy, fear,
 Be healthy, wealthy every day!

Don't feel upset, frustrated or depressed, Because you'll be in low spirits and without rest!

Can you imagine life without books, discussions,
 Some concerts, films, performances, new songs?
 You know they give us inspiration,
 Expressing our feelings in new forms.

Let's go to the theatres, museums, halls at once
To better understand the world and not to lose your chance!

We are inseparably linked with nature,
With water, forests, mountains and parks.
We have to save nature from pollution.
Stop damaging the Earth around us!

We drink the water, eat the food and breathe the air
Which nature gives us in return for our care!

Environmental, social, spiritual, emotional
Are main components of healthy life and styles,
Which can be happy, prosperous and wealthy
With all the combinations of these types.

Enjoy your life in all its aspects,
Because you are its main experts!

Larysa Levchenko

2. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|---|--|
| 1. jogging [ˈdʒɒɡɪŋ] <i>n</i> | the activity of running slowly as a form of exercise |
| 2. scuba diving [ˈskuːbə daɪvɪŋ] <i>n</i> | the activity or sport of swimming underwater using special breathing equipment |
| 3. weightlifting [ˈweɪtlɪftɪŋ] <i>n</i> | the activity or sport of lifting heavy weights |
| 4. squash [skwɒʃ] <i>n</i> | a game for two or four players using rackets and a small rubber ball |
| 5. trend [trend] <i>n</i> | a general direction in which a situation is developing |
| 6. kungfu [ˌkʌŋˈfuː] <i>n</i> | a Chinese system of fighting without weapons |
| 7. negotiation [ˌniːɡəʊʃɪˈeɪʃn] <i>n</i> | formal discussion among people who are trying to reach an agreement |
| 8. smart [smɑːt] <i>adj</i> | intelligent; fashionable; quick |

3. Work in groups. Which of these do you do with your friends?

Put them in order from 1 to 10. 1 — never, 10 — always.

- | | |
|---|---|
| <input type="checkbox"/> go to the cinema | <input type="checkbox"/> watch live music |
| <input type="checkbox"/> go out for a coffee | <input type="checkbox"/> go for a pizza |
| <input type="checkbox"/> go dancing | <input type="checkbox"/> go to a bar |
| <input type="checkbox"/> have dinner in restaurants | <input type="checkbox"/> go to the theatre/cinema |
| <input type="checkbox"/> go to a karaoke bar | <input type="checkbox"/> go for a walk |

Find the English meanings of these words:

біг підтюпцем;
підводне плавання
з дихальним
апаратом;
пірнання;
стрибки у воду;
водолазна справа;
важка атлетика;
важкоатлет;
штангіст, гирьовик;
гра в м'яч;
напряг;
загальна
спрямованість;
тенденція;
кунг-фу, вид
китайської
боротьби;
переговори;
обговорення умов;
подолання
(перешкод тощо);
енергійний;
кмітливий;
здібний;
розумний.

Read them.

Expressing opinions

In my opinion,...
In my view,...
I think (that)...
Personally, I think...
From my point of
view...
I'm not sure (if,
about)...
I don't have a
definite opinion
about that.
As I see you...
As I see it,...
I don't think...



4. Work in groups. Present your findings to the class.

Find someone who...

- a. often goes to the theatre/cinema.
- b. would like to go for a coffee after classes.
- c. is going on holiday soon.
- d. is going out on Sunday night.
- e. usually goes home immediately after school.
- f. does sports regularly.
- g. hates going shopping.
- h. likes going dancing at the weekend.
- i. sometimes has difficulty in going to sleep.
- j. usually goes for a walk with friends.



5. Put the activities into the correct columns.

fishing, yoga, squash, skiing, aerobics, reading, jogging, swimming, hunting, dancing, chess, photos, gardening, football, scuba diving, shopping, sailing, surfing, computer games, parachute jumping, cycling, weightlifting, kungfu, painting, tennis, cooking, DIY, photography, a musical instrument

PLAY	GO	DO	OTHER VERB
	fishing		



6. Work in groups. Discuss.

1. Do you do any of the activities in the photos in your spare time?
2. What kind of person likes activities like these?



7. Work in groups. Choose three activities you enjoy. What do you need for them?

For example:

Fishing

Equipment: a fishing rod, worms

People: a partner

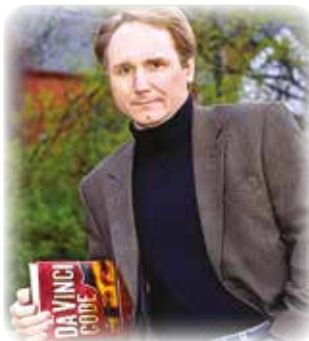
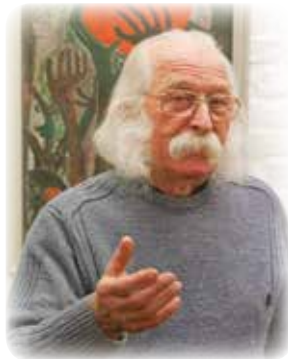
Place: any kind of reservoir

8. Work in groups. Discuss. Share your ideas with the other groups.

1. What activities do you usually do?
2. What activity did you do when you were younger?
3. What activities are you good at?
4. What activities were you good at?
5. What activities are you hopeless at?
6. When did you start doing these activities?
7. Why did you start doing these activities?
8. When did you give up doing these activities?
9. Why did you give up doing these activities?
10. Why do/did you enjoy them?

9. Work in class. Discuss.

1. Do you consider yourself a creative person?
2. What creative things do you do in your spare time?
3. Do you know any other creative people?
4. What do you know about the people in the photos?
5. What other creative people do you admire?



Arguments

To start with...

First of all...

Firstly,...

Secondly,...

The main reason is...

On the one hand,...

On the other hand,...

Well, the thing is that...

And finally...

All in all...

Words to learn:

devoted;
industrious;
inimitable;
gripping;
scary;
unselfish.



10. Listen to three people telling you how creative they are. Tick (✓) the activities they have done in their lives.

- has taken part in home concerts
- has written a poetry/song
- has been shot in a film/advert
- has invented and told a story
- has made something with the hands
- has painted a picture
- has constructed models
- has decorated rooms
- has invented a new recipe
- has entertained young children for several hours
- has embroidered pictures
- has made pottery

Olia	Miranda	Serhii
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SPOT ON WRITING TIPS

A Book Review

A book review is a short description to inform readers of a magazine or website, etc. about a book you've read. Present tenses are usually used as well as a variety of adjectives to make your description more specific and interesting.

A review usually includes:

- **an introduction** giving background information about the book, e.g. the title, type of the book, the name of the author;
- **a main body** consisting of two paragraphs, one presenting the main points of the plot and the other with general comments on the plot, the main characters, the beginning/ending, etc.;
- **a conclusion** in which you recommend/don't recommend the book, giving reasons.

Useful Hints

The main information on review:

- The book/novel was written by...
- It is ... (e.g. a love story).
- The book tells the story of...
- The action takes place in.../during...
- The setting of the story is...
- The story is based on a true story/the author's own experience.
- The text is (can be) divided into ... parts.

Language and style:

- The author's style is concrete/emphatic/naturalistic/rich in colour contrasts, etc.
- The author has an eye for details and typical situations.
- The language in this text is quite formal/informal/bookish/rich in terms borrowed from the sphere of art (philosophy, literary criticism)/close to the language of real life/full of colloquialisms.

To acquaint readers with the main heroes:

- The main/minor characters in this story are...
- I would describe her/him as...
- She/he seems to be ... (stupid/boring/lazy/hard-working/honest/dishonest/careless, etc.) because...

Comments on the main changes and the development of the events:

- The story begins.../is about...
- The plot is ... (boring/thrilling, etc.).
- The turning point in the story is ... when...
- The focus/emphasis is on the nature of their relationship/the problem of...
- The beginning/ending is (not) surprising (at all).

Opinion and recommendations:

- It's boring to read.
- I find the story great/interesting/exciting/terrific/sad/awful/funny.
- My point of view is that...
- My first impression was ... but later...
- I liked/enjoyed it. I didn't enjoy it because...

11. Listen, read the words and their definitions, translate them and make some sentences with these words.

1. devoted [di'vəʊtɪd] to smb/smith *adj* having great love for smb or smth and being loyal to them
2. industrious [ɪn'dʌstriəs] *adj* hard-working
3. inimitable [ɪ'nɪmɪtəbl] *adj* too good for anyone else to copy with the same effect
4. gripping ['grɪpɪŋ] *adj* interesting or exciting in a way that keeps your attention
5. scary ['skeəri] *adj* (informal) frightening
6. unselfish [ʌn'selfɪ] *adj* selfless

12. Read children's book reviews and write your own review about the book you have read recently for a teen's newspaper.

There are different ways of relaxation: reading books, doing sports, cooking, going shopping, playing computer games, going for walks and lots more. But in my opinion the best way of relaxation is reading books.

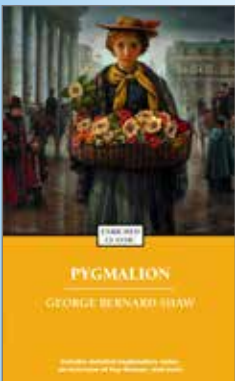
Find the English meanings of these words:

відданий;
працьовитий;
неповторний;
який захоплює;
моторошний;
безкорисний.

Read them.



Suggested Answer



It is necessary to mention that a book is one of the greatest wonders in the world. It gives us a unique chance to link up with authors who lived hundreds and thousands of years ago. Thanks to books we can talk to people who lived in different ages and countries. Through reading books we can hear their voices, thoughts and feelings.

I have read Duma's novel "D'Artagnan and Three Musketeers" which is well-known throughout the world. It is a historical novel. It describes France in the Middle Ages. It shows us the relations between France and England.

Alexander Duma was a great master of realistic details. We can learn a lot about the life of people at that time. The book has an original plot. All chapters in this novel are very exciting.

The main hero in this novel is D'Artagnan. He is courageous, strong, and clever. He performs heroic deeds. He is a devoted friend. He and his friends like adventures. They are industrious, kind-hearted, and unselfish. They are always willing to be helpful.

Summing it up, books are the surest way to bring nations together. I have read "D'Artagnan and Three Musketeers" from cover to cover. In my opinion, the book is worth reading.

George Bernard Shaw's plays are famous for their wit, bitter satire and sarcasm. He challenged his contemporary society, ridiculed its vices and hypocrisy but he did it with such inimitable wit that audience couldn't help laughing. One of his most famous plays is "Pygmalion".

There are three main characters in the play — Professor Higgins, a well-known linguist, who was teaching Eliza, a plain flower girl, to speak good English, and Colonel Pickering, a friend of Higgins. And these characters are based on one legend.

In ancient Greece there lived a king of Cyprus, Pygmalion by name. Once he made a statue of a young woman. The statue was so beautiful that he fell in love with it. He wanted the statue to become alive and asked gods to help him.

On returning home he ran up to his statue and saw that Aphrodite had breathed life in it, because it began to move and speak. Soon the statue turned into a beautiful young woman. Pygmalion married her and her name was Galatea.

Most of all I like reading detective stories, because they have interesting story lines and unusual endings. I am particularly captivated by characters who conduct investigations.

I never believed that there are books that you can't put down. I changed my opinion when I started to read books by the best-selling writer, J. K. Rowling.

"Harry Potter and the Order of the Phoenix" is a stunning new book in the highly popular Harry Potter series, and the most exciting

and scary story so far. This fascinating story begins as Harry Potter, a student wizard, enters his fifth year at Hogwarts School.

We learn several amazing things in this book, including important facts about Harry's mother and the horrible Dursley family. We also learn why the evil Lord Voldemort has killed Harry's parents.

Like all the other Harry Potter books, this is a gripping read from beginning to end as Harry faces many dangerous situations.

Rowling's use of language is wonderful and the characters she creates are very realistic. Fans will no doubt be thrilled with this book.

For anyone who has never read J. K. Rowling's works, I strongly recommend it.

Books on the Screen and on Stage

Many popular novels and stories have been adapted for the theatre, television, and films. Not all screen and stage adaptations are successful. Some of them add to the popularity of the book. Others can only spoil your impressions of it. Brilliant actors and actresses have appeared in the films based on works of literature.

I'd like to share my impressions about a screen version of Margaret Mitchell's "Gone with the Wind". The novel was published in 1936 and became an immediate bestseller. In 1937 it won the Pulitzer Prize. A film version of the novel, made in 1939, with Vivien Leigh and Clark Gable in the roles of Scarlett O'Hara and Rhett Butler, equalled or surpassed the book in popularity.

"Gone with the Wind" is a romance that includes strong elements of realism: it depicts the horrors of war (one of the movie's most memorable scenes is the burning of Atlanta by the Union Army), deep conflicts in personal relationships, and themes of rebellion and alienation.

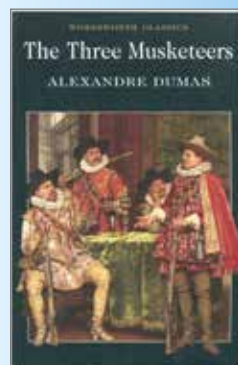
13. Work in groups. Discuss.

1. Is every person imaginative?
2. What is more important for artists: hard work or inspiration?
3. Are there any methods that can help us to develop our imagination?
4. Are children more creative than adults?
5. What will you advise people who consider themselves people without imagination?

14. Read the leaflet quickly. Are there any points similar to your answers? Name them.

Three Ways to Become (more) Creative

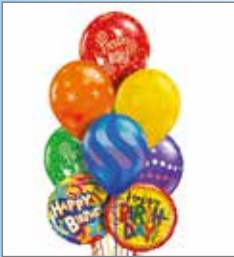
Most people believe they don't have much imagination. They are wrong. Everyone has imagination, but most of us, once we become adults, forget about it. Creativity isn't always connected with great works of art or ideas. People at work and in their free time think of creative ways to solve problems. Maybe you want to expand your mind! Here are three methods to help you.



Agreement

- Yes, I agree with you.
- I completely agree. I know for sure.
- I think you're right. Right.
- That's right. Absolutely.
- I suppose so. Exactly.





1. This method involves taking unrelated ideas and trying to find links between them. First, think about the task you have to solve or the job you need to do. Then find an image, word, idea or object, for example, a star. Write down all the ideas/words associated with stars: light, sky, romance, silence, Christmas, etc. Think of as many ideas/words as you can. The next stage is to relate the ideas to the job you have to do. So, imagine you want to make an invitation to your birthday party, you can put a picture of a cake with candles or yourself surrounded with balloons and toys.
2. Imagine that normal limitations don't exist. You have as much time/space/ money, etc. as you want. Think about your aim and new possibilities. If, for example, your aim is to learn to dance Irish step, you can now practise dancing every day of your life (because you have time and money). Now adapt this to reality. Maybe you can practise dancing two times a week in a dancing club, watch Irish dances through the Internet or visit festivals when they are held in your city.
3. Look at the situation from a different point of view. Good negotiators use this method in business, and so do writers. Fiction writers often imagine themselves as the characters in their books. They ask: "What does my character want? How can it get it? What opportunities are given or what changes should be done to change the situation for better?" If your aims involve other people, put yourself "in their shoes".

15. Work in pairs. Read the leaflet again and match the passages to the titles.

- A. Be Someone Else
- B. Make Connections
- C. Be over the Limits

16. Work in pairs. Discuss the problem of how creative your friend and you are. What talents do you have?



17. Homework. Write a paragraph about how creative your friend and you are.

1. Discuss in class.



1. Which of these trade marks do you recognise?
2. Do you buy things which have a logo on them? Why/Why not?
3. What are your favourite brands?
4. Do you often go to sales?
5. Do you consider yourself a shopaholic?
6. Is shopping a way of relaxation too, in your opinion?

2. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|---|---|
| 1. to max (smth) out [mæks] <i>v</i> | to reach the limit at which nothing more is possible |
| 2. pants [pænts] <i>n</i> | (BrE) knickers; (NAmE) trousers |
| 3. shopaholic [ˌʃɒpə'hɒlɪk] <i>n</i> | a person who enjoys shopping very much and spends too much money and time going shopping |
| 4. shopaholism [ˌʃɒpə'hɒlɪzəm] <i>n</i> | an activity concerning senseless purchases; addiction to shopping |
| 5. expense [ɪk'spens] <i>n</i> | the money that you spend on smth |
| 6. consequence ['kɒnsɪkwəns] <i>n</i> | effect; result |
| 7. to obsess [əb'ses] <i>v</i> | to completely fill your mind so that you cannot think of anything else, in a way that is not normal |
| 8. suspicious [sə'spɪʃəs] <i>adj</i> | feeling that smb has done smth dishonest or wrong without having any proof |

Words to learn:

- to obsess;
- a suspicious character;
- to max (smth) out;
- pants;
- shopaholic,
- shopaholism;
- expense;
- consequence;
- suspicious;
- at my expense;
- incidental expenses;
- a person of consequence;
- in consequence of;
- to be (feel) suspicious of (about) smb.

Expressing opinions

- In my opinion,...
- In my view,...
- I think (that)...
- Personally, I think...
- From my point of view...
- I'm not sure (if, about)...
- I don't have a definite opinion about that.
- As I see you...
- As I see it,...
- I don't think...

Find the English meanings of these words:

найвища міра
стягнення;
BrE розм.
бриджі,
спортивні штани;
шопоголік;
витрати;
за мій рахунок,
моїм коштом;
непередбачені
витрати;
наслідок; впливова
(важна) особа;
в результаті,
внаслідок чогось,
завдяки чомусь;
заволодівати
розумом, не давати
спокою; гнітити
(про ідею, страх
тощо);
підозрілий,
недовірливий,
що викликає
підозру; ставитися
до когось із
недовірою, не
довіряти комусь.

Read them.

Asking for
someone's opinion

What do you think
of...?
What do you think
about...?
What's your
opinion...?
What's your view...?

3. Work in groups. Listen to the first part of the talk between Agony Aunt and Jenefier. Answer the questions.

1. What kind of problem does she have?
2. What would you recommend to a person like this?

4. Listen to the second part of the talk. Compare Agony Aunt's advice and yours.

5. Work in groups. Discuss.

1. Have you ever wanted to buy anything that you've seen in a film or on TV?
2. Are you influenced by clothes that celebrities wear?



6. Match the words to their definitions and opposites.



7. Work individually. Complete the text with the words from Ex. 6 (not all the words are used).

8. Work in groups. Discuss. What/Who can persuade you to buy things?

FOCUS ON GRAMMAR

An embedded question is a question that is included in another sentence.

Question	Embedded Question
Who is your teacher of English?	Can you tell me who your teacher of English is?
What time is it?	Do you know what time it is?
When is Mary coming back?	I don't know when Mary is coming back.

Notice the shift in the verb when you embed an information question.

Use normal sentence order, not question order with embedded questions.

Note: If the embedding question is included in a question, it is followed by a question mark. If it is in a statement, use a period.

Embedded Yes/No Questions

Use *if* or *whether* to embed questions that are answered with *yes* or *no*.

Question	Embedded Yes/No Question
Are you cold?	I asked if you were cold.
Do you want to go to the theatre?	Will you please ask James if he wants to go to the theatre?
Is she going?	Stan doesn't know whether she's going. Stan doesn't know whether she's going or not.

Were you in the army?

You didn't tell me whether you were in the army.
You didn't tell me whether you were in the army or not.

Notice that *if* is usually used with only one alternative:

I asked **if** you were cold.

Will you please ask James **if** he wants to go to the party?

***Whether* usually provides more than one alternative.**

Stan doesn't know **whether** she's going.
Stan doesn't know **whether** she's going or not.

You didn't tell me **whether** you were in the army.
You didn't tell me **whether** you were in the army or not.

The same is true in information questions:

Question	Embedded Question
Do you want the red car or the black one?	I don't know whether you want the red car or the black one.
Does Ron plan to stay in a hotel or go to the beach?	Dad asked whether Ron planned to stay in a hotel or go to the beach.

Using an infinitive in an embedded question.

English speakers often use an infinitive after the question word in an embedded question.

Question	Embedded Question
How do you send e-mails to Ukraine?	I don't know how to send e-mails to Ukraine.
Should I call Mr Smith now or wait until later?	I don't know whether to call Mr Smith now or wait until later.
Where should we meet Catherine in the morning?	Ask Catherine where to meet her in the morning.

Indirect Questions

Indirect questions are like indirect speech. When a question is in the present tense, it is in the past tense when it is embedded in a sentence. If it is in the past, it must be in the Past Perfect when it is embedded in a sentence.

Question	Embedded Question
Do you like your job?	She asked me if I liked my job.
Did you like your last job?	She asked me if I had liked my last job.



9. I have a friend who is planning a trip to Switzerland this summer. Here are the beginnings of the sentences and the questions she asked. Make sentences with embedded questions.

1. I don't know... *Is it a long flight from Kyiv?*
I don't know if it is a long flight from Kyiv.
2. I'd like to know... *What clothes should I take?*
...
3. Do you know... *Will it be hot or cold in January?*
...
4. I can't remember... *Is my passport up to date?*
...
5. I'll ask my friend... *How soon should I make plane reservations?*
...
6. I've to find out... *What languages do they speak in Switzerland?*
...
7. I don't know... *What is the name of their currency?*
...
8. I don't remember... *Am I leaving this week or next?*
...
9. I have to ask the consulate... *Do I need a visa to go to Switzerland?*
...
10. I wonder... *Do I need to get any permission to work there?*
...



10. My friend Mortimer went to a job interview at a vet hospital the other day. I asked him what the interviewer had asked him. Make sentences with embedded questions.

1. She asked me... *When did you graduate from college?*
She asked me when I had graduated from college.
2. She wanted to know... *Do you like to work with animals?*
...
3. She asked me to explain... *How much money did you earn at your last job?*
...
4. She asked... *How often are you late for work?*
...
5. She kept asking... *Do you mind working on an ambulance?*
...



6. She wanted to know... *Do you know how to fill in a patient's file?*
...
7. She asked me to describe... *How would you change our system here?*
...
8. She even asked me... *What do you do to relieve stress?*
...
9. She asked... *Do you mind not having a private office?*
...
10. She asked... *When can you start?*
...



11. Make embedded questions.

1. Excuse me, can you tell me... *Where can I get my aspirin?*
Excuse me, can you tell me where I can get my aspirin?
2. Will you tell me... *When will dinner be ready?*
...
3. I don't know... *When did the first man land on the Moon?*
...
4. Do you know... *How do you use this copying machine?*
...
5. I asked you... *Are you ready to go home?*
...
6. I need to ask Barry... *Are you going home now or are you going to stay a while more?*
...
7. I don't know... *How do you turn this fax machine on?*
...
8. Do you remember... *What's the new security code?*
...
9. Did anyone tell you... *When are the renovations to the art gallery going to be finished?*
...
10. We need to find out... *When is that group of American politicians going to Ukraine?*
...



12. Homework. Write a paragraph about shopping. Is shopping really a way of spending free time? Give your reasons.

Words to learn:

neoclassical;
pagan;
emperor;
mural;
to arouse;
precise;
ritual;
revival
of learning;
revival;
mural painting.

Apologising

I'm sorry for my mistake.
I'm sorry for being late.
I'm really sorry.
I'm awfully sorry.
I apologise.

1. Read this quotation and say if it is really important for a team to play as a whole. Give your reasons.

The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime.
Babe Ruth

2. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|---|---|
| 1. pagan [ˈpeɪɡən] <i>n</i> | a person who doesn't hold religious beliefs of the world's main religions and doesn't believe in Christianity |
| 2. emperor [ˈempərə(r)] <i>n</i> | the ruler of an empire |
| 3. revival [rɪˈvaɪvəl] <i>n</i> | an improvement of smth; the process of smth becoming popular again |
| 4. neoclassical [ˌniːəʊˈklæsɪkl] <i>adj</i> | used to describe the style of music, art, literature, architecture, etc. based on the style of ancient Greece or Rome |
| 5. mural [ˈmjʊərəl] <i>n</i> | a painting done on the wall |
| 6. ambience (ambiance) [ˈæmbiəns] <i>n</i> | the atmosphere of a place |
| 7. to arouse [əˈraʊz] <i>v</i> | to make smb feel more active and start doing smth |
| 8. precise [prɪˈsaɪs] <i>adj</i> | exact, clear and accurate |
| 9. ritual [ˈrɪtʃuəl] <i>n</i> | a series of actions that are performed in the same way and done regularly |

3. Work in groups.

1. What was the location of the first Olympic Games?
2. What was the year and location of the first modern Olympic Games?
3. Who was their organiser?



4. Listen to the first part of the interview and check your answers.





Find the English meanings of these words:

язичник, темна (неосвічена) людина, атеїст; язичеський, язичницький; імператор; відродження; Ренесанс; Відродження; неокласичний; фреска; стінний, фресковий живопис; викликати, збуджувати (почуття, енергію тощо), розбуджувати; точний, певний, чіткий, ясний, виразний; ритуал; обрядовий, ритуальний.

Read them.

Asking for clarification

Sorry, what do you mean?

Does it mean...?

Do you mean...?

Can you repeat that, please?

Would you mind repeating that, please?









Can you say it again, please?

Sorry, I didn't quite catch that.

Could you repeat that more slowly, please?

5. Work in groups. Look at the table and discuss.

Olympic Symbols

Symbols	Name	Description	Symbols	Name	Description
					
					
					
					

Disagreement

Yes, but...

True, but...

I can't agree with you.

I disagree with you.

I'm afraid I disagree with you.

I'm not sure that's right.

I agree to some extent, but...

I'm not sure I can accept that.

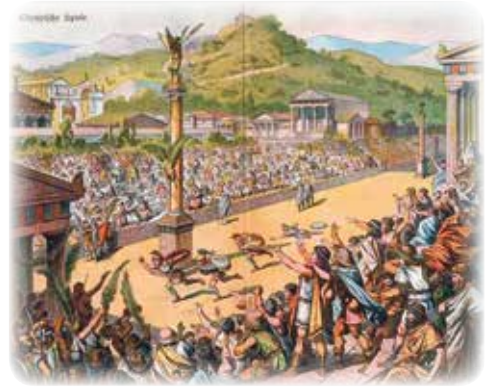
There might be some truth in that, but...



6. Listen to the second part of the interview. Compare your answers. Say what new information you have got.

7. Work in groups. Discuss the following questions. Give your reasons.

1. When were the first Olympic Games held?
2. Where were they held?
3. How many Olympic sports can you name?
4. Which sports are your favourite?
5. How many medals did our country win at the last Olympics?
6. Which sport are we good at?
7. Where will the next Olympic Games take place?
8. How is a country to hold the Games chosen?
9. Is it good for the country that holds the events?
10. Which Olympic sports do you like to watch on TV?
11. Does our country do better at the summer or winter Olympics?
12. What do you think? Are the Olympic Games important?
13. What are the advantages and disadvantages of the Olympic Games?
14. Should professional athletes be allowed to take part in the Olympics?
15. Do you think it's fair that an athlete who lives in one country and competes in another country can come back to his/her home country to be part of the Olympic team?
16. Do countries spend too much time at the Olympics?
17. If we held the Olympics tomorrow in your class, in which sport would you win the gold?





18. If you had to change one kind of the Olympic sports, which sport would you take away and which sport would you add?
19. What Olympic sport is the most difficult?
20. Should all sports be included? For example, the horse riding event which means transporting the horses all over the world.
21. What do you know about the last Olympic Games? Name the Ukrainian winners.
22. What can you tell your classmates about the Paralympics? How many medals have the Ukrainians won? Are the winners of the Paralympics real heroes? What do you think?



8. Homework. Write a short paragraph using any question from Ex. 7.



Words to learn:

to speculate;
bout;
wrestler;
to stomp.

Asking for someone's opinion

What do you think of...?
What do you think about...?
What's your opinion...?
What's your view...?

1. Read the quotation and say if you agree or disagree with Joe Paterno. Give your reasons.

The will to win is important, but the will to prepare is vital.
Joe Paterno

2. Work in pairs. Make a list of different sports for each of the categories. Compare your ideas with another pair.

Name:

1. a sport where sportsmen are part of a team;
2. a sport where animals are involved;
3. a full-contact sport;
4. a sport where men and women compete together;
5. an outdoor sport;
6. an indoor sport;
7. a sport where sportsmen wear special equipment;
8. a sport where sportsmen often get injured;
9. a sport where sportsmen compete as individuals;
10. a sport where sportsmen are limited in time.

3. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|--|---|
| 1. to speculate ['spekjuleit] <i>v</i> | to form an opinion about smth without knowing all the details or facts about it |
| 2. bout [baut] <i>n</i> | a wrestling match |
| 3. wrestler ['reslə(r)] <i>n</i> | a person who takes part in the sport of wrestling |
| 4. to stomp [stɒmp] <i>v</i> | to move, walk with heavy steps |



4. You are going to read an article about sumo. Look at the photos and speculate about what sumo is.

5. Before reading the article work in groups and discuss if these statements are true or false.

1. Sumo is more than 2000 years.
2. Sumo is a kind of religion.
3. There are a lot of traditions in sumo.
4. Before the beginning of a bout, the two wrestlers (rikishi) spend several minutes to scare each other.
5. True fans of the sport will not leave their seats until the ritual of throwing salt into the ring is performed.
6. There is a strong and complex hierarchy in sumo.
7. A match is judged by five judges dressed in black kimono and five referees.



8. A wrestler (rikishi) loses a match when any part of his body touches the dohyo.

6. Read it quickly and write a title to each passage.

1. Ring Ceremony
2. Sumo Divisions
3. Rules of Sumo
4. Origins

Sumo

Historians agree that the origins of sumo date back 2000 years; however, it never really flourished as a spectator sport until the early 1600s. Like any

other social group in Japan, there are strict rules and traditions that are observed throughout the sport. Rather, wrestlers (rikishi) spend most of their time performing pre-bout ceremonies steeped in Shinto tradition.

Shinto is a native religion of Japan and is a set of rituals and ceremonies. The word itself means “way of the gods”. Sumo was originally performed to entertain the gods (kami) during festivals (matsuri).



Find the English meanings of these words:

міркувати,
обмірковувати,
обдумувати; робити
припущення (щодо
чогось);
сутичка,
зустріч;
борець;
борець з вільної
боротьби;
тупотіти.

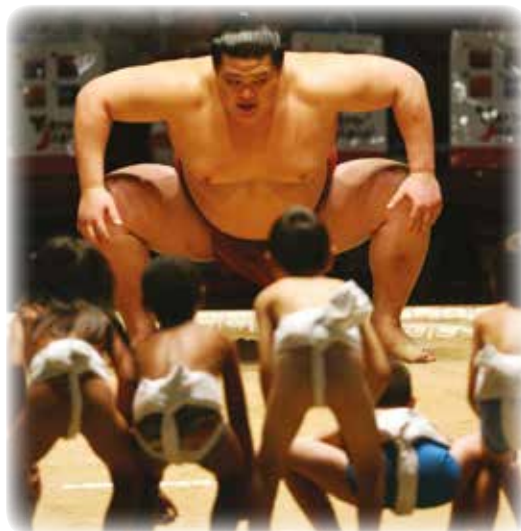
Read them.





Each day of the tournament (basho), a ring entering ceremony is held.

The first ceremony of the day is the dohyo-iri, or a ring ceremony performed by Juryo and Makuuchi rikishi in their kesho-mawashi (decorative aprons created for the ring ceremony) before their bouts begin. Before wrestlers enter the ring, they are introduced to spectators.



Once the actual bouts begin, the two wrestlers spend several minutes before their match lifting their legs high in the air and stomping them down, to scare away any demons. They also throw several handfuls of salt into the ring, which is said to purify it.

After the last bout of the day, the yumi-tori (bow twirling) ceremony is performed by a makushita-ranked rikishi from the same stable as a Yokozuna. True fans of the sport will not leave their seats until this ritual is performed.



Professional sumo consists of approximately 550 wrestlers divided into six divisions. The topmost makuuchi division receives the most attention from fans and has the most complex hierarchy. Rank is determined only by performance in Grand Sumo Tournaments.



The sport of sumo has very few rules, which can result in some exciting bouts. Sumo takes place in a ring approximately 15 feet in



diameter that is raised about 2 1/2 feet off the ground on a huge block of clay called a dohyo. A light sprinkling of sand is applied inside of the ring. Five judges, dressed in a black kimono, sit below the dohyo and around the ring. A referee, or gyoji, stands at the edge of the ring and officiates the bout. At the end of the bout, the gyoji points to the winner. A wrestler loses a match when any part of his or her body other than the bottoms of his feet touches the dohyo or when he or she is pushed or thrown outside of the ring.



7. Work in pairs. Complete the table.

Objects and People in Sumo

Object/Person	Purpose/Duties
rikishi	
Shinto	
kami	
matsuri	
basho	
dohyo-iri	
kesho-mawashi	
bout	
yumi-tori	
dohyo	
gyoji	

Expressing opinions

- In my opinion,...
- In my view,...
- I think (that)...
- Personally, I think...
- From my point of view...
- I'm not sure (if, about)...
- I don't have a definite opinion about that.
- As I see you...
- As I see it,...
- I don't think...

8. Work in pairs. Tell your partner about sumo.



9. Homework. Write an article about any sport with great traditions and present it to your classmates.



Words to learn:

sedentary;
endurance;
well-being;
prerequisite;
misery;
hardships;
adventurous.



1. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|---|---|
| 1. sedentary ['sedntri] <i>adj</i> | (about activities, work, etc.) spending a lot of time sitting, not moving |
| 2. endurance [ɪn'dʒʊərəns] <i>n</i> | the ability to continue doing smth for a long time |
| 3. well-being ['welbi:ɪŋ] <i>n</i> | general health and happiness |
| 4. prerequisite [ˌpri:'rekwəzɪt] <i>n</i> | precondition |
| 5. misery ['mɪzəri] <i>n</i> | suffering of the body or mind |
| 6. hardships ['hɑ:dʃɪps] <i>n</i> | difficult and unpleasant situations |
| 7. adventurous [əd'ventʃərəs] <i>adj</i> | (about a person) enjoying being in new exciting situations |

2. Read the text and say if sport really plays an important role in our life. Give your reasons.

The Role of Sports in Our Life

It is needless to say that sport plays an important role in our life. They say, "A healthy nation is a wealthy nation".

Both physical and mental well-being are the prerequisites of great achievements in a person's life. Sports make us healthy, provide a sense of relaxation in a life of routine marked by miseries and hardships.

Taking into consideration that children in the modern world lead a sedentary lifestyle because of the invention of different gadgets we can't stop talking about sports. Children spend their time without doing any activity though sports can help them improve their mental strength and physical endurance capacity in order to take on bigger challenges of life.

If we do sports we become active, creative, sportive, dashing, daring and adventurous, capable to meet challenges in future life. Modern sports are considered to be wonderful options to make our career, too. The great educational value of sports and games is to provide stimulation for study and hard work. The general belief is that a person who does sports can't be weak and ill.

For centuries, sports culture has influenced society and people's lives on many levels. One of the most effective ways to ensure healthy growth of body and mind is to make pupils, students and young men and women take an active part in sports. As it is the aim of the all-round development of their personalities and the future of nation. And nowadays our life must become impossible without sports and games.

Millions of people around the world, young and old, are fond of sports and games. There are summer and winter kinds of sport, outdoor and indoor games and even electronic sports.

Some people like sport and participate in it as amateurs. They don't take part in competitions, they just fill their everyday life with physical activity because they enjoy it.

Professional sport requires a lot of time, efforts and participation in competitions.

Outdoor games are usually very active: football, baseball, hockey, rugby, jogging, running, rowing, tennis, skiing, skating, cycling and others.

Indoor games are less active: table tennis, chess, draughts, billiards, boxing, weightlifting, aerobics, gymnastics, video games and others. Video games are called eSports. Though some video games require high skills and a lot of training some people argue they cannot be considered a sport.

It doesn't matter what kind of sport you do but you cannot spend your time without doing any activity.

Millions of people are absolutely sure that doing sports is the best way to be healthy, not to get too fat, to be more organised and disciplined, to give up harmful habits, to become happy and to be successful in life. Sport unites people of different nations and nationalities. Stadiums, sports grounds, swimming pools, football pitches, skating rinks, gyms and skiing stations are at our disposal.

3. Work in pairs. Discuss if the following statements are true or false.

The expressions below can help you:

I really think..., the problem is..., to be honest, on the whole, the point I am trying to make is..., if you ask me, in fact, actually, I see what you mean but..., all in all, basically.

1. Sport helps us keep our body fit.
2. Sport helps us improve our health.
3. It is more enjoyable to watch sports rather than to do sports.
4. A lot of new kinds of sport have appeared recently.
5. In Ukraine sport is becoming more and more popular.

4. Hold a classroom discussion.

1. Do you do sports?
2. What kind of sport do you do?
3. Why is sport so popular in the world?

5. Think of the qualities a sportsman should possess. Complete the acronym "competition" with the words meaning qualities.

C — courageous; competitive;

O — optimistic;

M
P
E
T
I
T
I
O
N



Find the English meanings of these words:

той, що довго сидить, не встаючи;
витривалість;
добробут,
благополуччя;
передумова;
страждання;
злидні, труднощі;
сміливий,
ризикований;
скуош, гра в м'яч.

Read them.





Asking for someone's opinion

What do you think of...?

What do you think about...?

What's your opinion...?

What's your view...?



6. Match the locations to the sports and make sentences.

The example: *You can play football on a football pitch.*

football pitch
bowling alley
basketball court
ring
swimming pool
tennis court
cycle track
ice rink

tennis
basketball
boxing
figure skating
bowling
football
cycling
swimming

7. Read the words and complete the sentences.

These words can help you:

football, golf, baseball, basketball, volleyball, tennis, hockey, badminton, various forms of fishing, squash, fishing, sport fishing, lacrosse, cricket, rugby, table tennis, gymnastics, rowing.

1. Balls are used... .
2. Clubs are used... .
3. Goals... .
4. Nets... .
5. Wickets... .
6. Sticks and bats... .
7. Rods and tackle... .
8. Racquets (rackets)... .
9. Rugby balls... .
10. Oars and boats... .



8. Work in pairs. Add other kinds of sport and the equipment you need to do sports. Write.

9. Read the text and say what it is about. Why do you think it was really amazing to watch the Tour de France?

My name is Oksana. I live in Kyiv. I'd like to tell you about a sporting event which impressed me greatly.

In 2014 we went to South Yorkshire to see our friends. They have been living there for 20 years. You know that the route of the Tour de France changes each year. It is a world famous cycling race. And in 2014 it was decided to start the Tour de France in South Yorkshire. This part of England, where our friends live, is fantastic because of the scenery and steep hills. And it was the place to start the Tour de France. As far as I know the route must include hilly and mountain stages, fast flat sections and cover a huge distance of three and a half thousand kilometres over about 23 days.

My friend's family and our family were interested in cycling and we decided to get to a good viewing point along the route to see everything with our own eyes.

The weather was wonderful. We found a good viewing point along the route for watching cyclists. I even climbed up a tree to get a good vantage point as the cyclists raced through. Bunting was hanging everywhere, brightly painted yellow bikes were scattered along the route.

A convoy of floats and support vehicles led the race. There were thousands and thousands of people lined along the route. Many of them were in dresses on French or cycling themes. It was amazing, really amazing.

I remembered my visit to South Yorkshire forever.

10. Work in pairs. In turn ask and answer questions about sporting events which have impressed you greatly.

11. Write a short paragraph about a sporting event which you have seen recently.



Agreement

Yes, I agree with you.

I completely agree.

I know for sure.

I think you're right.

Right.

That's right.

Absolutely.

I suppose so.

Exactly.



SPOT ON WRITING TIPS

Filling in Forms

There are many times when you are asked to fill in a form.

For example:

- applying for a passport;
- applying for a driving licence;
- applying to join a library or club;
- applying for a job;
- giving information like in the Census form.

Useful Hints

BE CAREFUL	Be careful about following instructions on your application. Read the form carefully before you write anything.
BE NEAT	Print or write clearly so that your application can be read easily. Use a black or blue ink pen.
BE CERTAIN	Before you begin to fill in the blanks, read everything on the application carefully. After you complete the form, read it again to ensure no information is missing.
BE PREPARED	It is good to keep all the information you might need together so you can find your personal details quickly and easily. By having all the information about yourself ready ahead of time, you will be complete and accurate. Make a copy of the form so that if you make a mistake you can start again. You can always ask for an extra form to practise on.
BE ALERT	If there is something on the form you do not understand, ask for help.
BE COMPLETE	Answer every question. If a question does not apply to you, write "Does not apply". Remember, however, you do not have to answer illegal questions on applications or interviews.
BE CORRECT	Watch your spelling, grammar, and punctuation.
BE THOROUGH	Describe all your skills and abilities. Indicate any licences you may have.
BE ACCURATE	Make certain all information is correct. Check dates, telephone numbers, and addresses for accuracy.

Once you get used to filling in forms they will all become easier!



Forms with Boxes

When you have a form with boxes to fill in, make sure to write one letter or one number in each box. Leave one box space between each word.

Surname

B	Y	R	N	E													
---	---	---	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--

First name

M	A	R	Y														
---	---	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Address

1	2		H	I	L	L		D	R	I	V	E					
---	---	--	---	---	---	---	--	---	---	---	---	---	--	--	--	--	--

N	A	V	A	N													
---	---	---	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--

C	O		M	E	A	T	H										
---	---	--	---	---	---	---	---	--	--	--	--	--	--	--	--	--	--

Date of birth

2	5		0	6		1	9	8	4								
---	---	--	---	---	--	---	---	---	---	--	--	--	--	--	--	--	--

Do-it-yourself: Fill in this form with your own information. Use BLOCK CAPITALS.

Surname

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

First name

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Address

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Date of birth

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Writing Dates in Boxes

Write one number in each box.

Usually there are two boxes for the numbers.

If it is a single number like 2 and 5, you have to put a 0 first to fill all the boxes. e.g.

0	2		0	4		0	1										
---	---	--	---	---	--	---	---	--	--	--	--	--	--	--	--	--	--

Words to learn:

surfer;
surfing;
attic;
auction.

Some Words that Are Used in Forms

Sometimes forms use different words to ask the same thing.

First name: *Max*

This can also be asked as **Christian Name** or **Forename**.

Surname: *Wilson*

This can also be called **Last Name** or **Family Name**.

Be careful! Some forms ask you to put your surname first.

Address: This is where you live.

12, Hawthorn Rd., Wrexham, Cheshire

You might be asked to write it out on separate lines.

Title: Mr, Mrs, Miss, Ms.

Mr is used for all men. *Mr Max Wilson*

Mrs is used for a married woman. *Mrs Elaine Wilson*

Miss is used for a single woman. *Miss Elaine Wilson*

All women can use **Ms**. *Ms Elaine Wilson*

They can be married or single.

Telephone/Phone: *01-234567*

Contact Number: This is how you can be reached most easily.

It could be a **Work Number** or a **Daytime Number** (where you are during the day) or your **Mobile Number**.

Marital Status: You may be asked to put a \surd in a box to show the one that is right for you.

Married Widowed Separated Single Divorced

Are you a male or female?

Sex and **Gender** mean the same thing. Your sex or gender is whether you are a man or woman, male or female.

Sex: Male Female

Gender: Male Female

Dependants: People who are relying on you to provide for them.

Do-it-yourself:

Membership Application Form

Complete this application form using **BLOCK CAPITALS**

Surname: _____

Forename: _____

Address: _____

Phone No: _____ Mobile: _____

Please \surd the correct box.

Married Widowed

Single Divorced

Please \surd the correct box.

Sex: Male Female

Date of birth: _____

Occupation: _____

Have you used a gym before: Yes No

Signature: _____

Get Fit Gym





Find the English meanings of these words:

серфер, людина, що займається серфінгом; серфінг; горище; розпродаж, аукціон.

Read them.

12. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|-------------------------------------|---|
| 1. surfing ['sɜːfɪŋ] <i>n</i> | the sport of riding on waves standing on a narrow board |
| 2. surfer ['sɜːfə(r)] <i>n</i> | a person who goes surfing |
| 3. attic ['ætɪk] <i>n</i> | space just below the roof of a house |
| 4. auction ['ɔːkɪn; 'ɒkɪn] <i>n</i> | a public event where things are sold to those who offer the most money for them |

13. Read the text and decide if the suggested sentences are true, false or not stated.

Baseball is known as America's favourite pastime. Collecting baseball cards is fast becoming another favourite pastime of Americans, young and old. It's a fun hobby, and for some lucky people it has become a way to make money. Baseball cards can be worth a lot. Finding a special one can be like discovering buried treasure. For instance, if you found in your grandmother's attic a baseball card with a picture of Honus Wagner of the Pittsburgh Pirates, you would have a card worth as much as 400,000 dollars!

Another excellent idea is to collect all of the players' cards of a new team. Several years from now, your cards will increase in value. Some cards increase in value by having an autograph, and it's fun to meet the players as you get their autograph.

The first cards were printed in 1887. Then, bubble gum manufacturers included them with packs of gum, and more people began collecting them. Today the pictures are of players in motion. A player's picture is on the front of the card, and all of his baseball statistics are on the back, including all of the teams with which he has played.

You can buy, sell, or trade baseball cards in stores, markets, auctions and card shows. A player's card is sold for more in his hometown or in the area he's from.

1. Collecting baseball cards is a new favourite pastime only for children.
2. Some baseball cards are of great value.
3. The first baseball cards were printed at the end of the 20th century.
4. Honus Wagner's card is sold in his hometown.





14. Read the text below. For each of the empty spaces (1–8) choose the correct answers (A, B, C or D).

People generally eat more in winter than in summer, but ...⁽¹⁾ you want to lose weight and stop feeling tired all the time, ...⁽²⁾ isn't enough. You also need to ...⁽³⁾ some simple exercises. The first thing you can do is to get outside. Walking during winter is better than walking in summer because you can go on for ...⁽⁴⁾ distances in cold temperatures. Aim for speed ...⁽⁵⁾ you can achieve comfortably.

Another easy way to ...⁽⁶⁾ fit is by following an exercise video. There's no need to spend time travelling to and from a class, you simply switch ...⁽⁷⁾ the video and work out at home. Try renting a few videos before buying one, and then you can choose one that's right for you. Something ...⁽⁸⁾ you can do at home is walking up and down stairs. Five to ten minutes of this is excellent exercise.

	A	B	C	D
1	except	if	whether	unless
2	dieting	feeding	eating	drinking
3	make	do	be	play
4	bigger	longer	larger	higher
5	what	that	whose	who
6	find	keep	put	hold
7	up	in	on	over
8	else	also	further	too

15. Read the text below. For each of the empty spaces (1–8) choose the correct answers (A, B, C or D).

Needless to say that snowboarding is one of the ...⁽¹⁾ of our winter sports. It ...⁽²⁾ in the 1950s when surfers and skateboarders tried something new. They used ...⁽³⁾ boards to travel across the snow. At first people didn't know about the sport, but then it became ...⁽⁴⁾



well-known and shops began to sell snowboards. The first competitive snowboarding event was called “King of the Mountain” and it ...⁽⁵⁾ place in Colorado in the USA. Soon ...⁽⁶⁾ were competitions all over the world. In 1998, snowboarding became an event at the Winter Olympic Games in Japan. Today, thousands of people are keen ...⁽⁷⁾ snowboarding. It’s almost ...⁽⁸⁾ popular as skiing.



	A	B	C	D
1	new	newer	newest	much newest
2	begin	began	beginning	begins
3	their	them	theirs	this
4	much	more	most	the most
5	take	taking	took	takes
6	it	there	they	them
7	at	in	on	of
8	more	than	as	so

16. Write back an e-mail to your pen friend who has written to you and answer his/her 3 questions. The part of it is given below.



...Yesterday our teacher asked us to stay after classes. A basketball star came to us to talk about sport in everyday life. The way he spoke about being a teenager was funny. He said he didn’t like getting up early!...

- When do you get up in the morning?
- What do you do to keep fit?
- Would you like to do sports, why?

17. You have received a letter from your English-speaking pen friend. Write a letter and answer his/her 3 questions. The part of it is given below.



...As you know, I am a tennis club member. I go there regularly but my best friend doesn’t want to do any sport...

- Should people do sports, why?
- What sports do you like?
- What do you do in your PE lessons?



18. Homework. A teen magazine has asked its readers to write short information on how teenagers do sports. Use the plan below to help you.

- What sports are the most popular with teenagers in our country?
- Why do teenagers often do extreme sports?
- What kind of sport is your favourite?

Words to learn:

strongman;
pole-vaulter;
all-round;
pole-vaulting;
all-round champion.



Saying thanks

Thank you.
Thank you very much.
Thanks a lot.
Many thanks.
That is very kind of you.

1. Read the poem “Sketches about Sports” and discuss the gist of it in groups.

Sketches about Sports

1. Jumping high and jumping long
Makes you happy, makes you strong.
2. Running every day is good
For your body and your mood.
3. Cycling gives a lot of pleasure
That’s impossible to measure.
4. Rowing also makes you strong
If your arms are very long.
5. Yachting is of course your sport
If you like to sail a yacht.
6. If you don’t want to drown
Master swimming — you’ll be sound!
7. Tennis is a game of prestige,
Practise regularly if you wish!
8. Football is my favourite game,
It’ll bring fame to my name.
9. In good weather every week
We like playing hide-and-seek.
10. A game of basketball if you’re tall
I’m sure is easy if your rival is small.

Larysa Levchenko



2. Work in groups. In a minute make a list of features a real sportsman should possess. Compare your list with other groups.



3. Work with your partner. Find all the hidden words in this word search. Words can go in different directions.

Glory of Ukraine

This puzzle is about famous Ukrainian sportsmen. These people have brought glory to Ukraine in different time periods, but we are still proud of them.

V	I	R	A	S	T	I	U	K	X	V	Z	L	P	R
A	G	H	N	G	N	S	F	T	P	K	H	O	U	I
I	L	S	O	L	U	I	A	B	Y	V	C	B	T	W
A	I	T	K	S	I	H	P	R	O	A	I	A	N	K
K	S	E	N	H	Z	Y	Y	O	V	S	V	N	V	L
S	O	V	E	I	L	Q	V	B	O	H	O	O	H	O
N	H	A	H	Y	C	I	V	I	R	A	C	V	W	C
A	O	R	C	N	N	N	P	D	A	H	U	S	Y	H
I	R	K	V	B	W	D	R	F	Y	L	N	K	G	K
R	W	Z	E	U	N	W	X	M	K	T	E	Y	H	O
B	W	J	H	D	D	X	R	F	G	M	Y	I	N	V
E	C	A	S	D	B	S	D	I	R	A	M	I	F	A
R	Y	O	C	I	X	O	K	H	C	Y	L	K	C	Y
E	V	O	I	P	O	W	B	U	B	K	A	E	Y	Z
S	C	P	E	A	V	E	I	A	P	O	K	D	O	P

VIRASTIUK Vasyl, **KVASHA** Illia, **LOBANOVSKYI** Valerii,
KLOCHKOVA Yana, **BUBKA** Serhii, **SEREBRIANSKAIA**
Kateryna, **KRAVETS** Inessa, **LISOHOR** Oleh, **SHEVCHENKO**
Andrii, **PIDDUBNYI** Ivan, **BAIUL** Oksana, **PODKOPAIEVA** Liliia,
KLYCHKO Vitalii and **Volodymyr**

4. Listen, read the words and their definitions, translate them and make some sentences with these words.

- strongman ['strɒŋmæn] *n* a physically very strong man
- pole-vaulter ['pəʊlvɔ:ltə(r)] *n* a person who jumps over a high bar, using a long pole to push himself/herself off the ground
- pole-vaulting ['pəʊlvɔ:ltɪŋ] *n* a sport in which people jump over a high bar, using a long pole to push themselves off the ground
- all-round [ɔ:l'raʊnd] *adj* including a lot of skills, abilities, etc.



Find the English meanings of these words:

силач;
стрибун
із жердиною;
стрибки
з жердиною;
багатоборство;
багатобічний,
багатосторонній;
різнобічний;
всебічний,
всесторонній;
абсолютний
чемпіон.

Read them.





i 5. Work with your partner. Look at the photos and read the short biographies of Ukrainian sportsmen. Write down the surname of each sportsman into the chart below. The surnames from Ex. 3 can help you. Check it with a class.

i 6. Discuss in class the importance of doing sports. Give your reasons.

7. Read children's poems. What do you think about these poems? Say what your favourite kind of sport is. Think of your own poems.

1. Come to the sports ground, girls and boys,
Leave at home all your toys!
Swim in the pool, run and play.
Sport makes you healthy, strong and gay!
Sport can bring every girl and boy
A lot of moments of joy!

2. Tennis is a healthy sport.
I play tennis on the court.
Tennis every day is good,
It is so funny for your mood.
Tennis is the best of games.
We can play it in every place.

3. If you want to be healthy and tall,
You must play football and basketball.
I go cycling with big pleasure,
Because my bike is the best treasure!

4. Swimming makes my body strong,
I am healthy very long.
I go swimming every day
And I feel myself OK!
I go swimming in the swimming pool,
It's always funny and very cool!

Pupils of form 6-A, gymnasium 179



8. Play a game. Divide into two teams. One team says a word related to sport, the other makes a sentence using the word. Each correct sentence gets a point. The team with the most points is the winner.



9. Homework. Look at the list of famous Ukrainian sportsmen from Ex. 3. Choose one or somebody else who is the most famous in your opinion and write a short paragraph about him/her.



1. Discuss in class.

1. Do you like to eat?
2. The cuisine of what country do you prefer?
3. Have you ever participated in any kind of food festival?
4. Where was it?
5. Who were you with?
6. Did you like it?
7. Is cooking really a way of spending free time?

2. Read the poem "I Eat to Live" by Larysa Levchenko and discuss in groups the author's words, "I eat to live, succeed in life, be healthy, prosperous and strong". Do you agree with Larysa? Why? Why not? Give your reasons.

I Eat to Live

I eat to live, succeed in life,
Be healthy, prosperous and strong.
Good eating habits help survive,
Be active for a long.

I am a healthy eater,
Have meals four times a day,
Because it gives me energy
And makes me feel OK!

There are four groups of healthy food,
And making combinations,
We can enjoy eggs, yoghurt, fruit,
Without hesitation.

The people are what they eat.
And I agree with being said:
A balanced diet indeed
Must be my daily healthy bread!

Larysa Levchenko



Words to learn:

cuisine;
extraordinary;
conception;
culinary;
intention;
to carry out one's
intention;
masterpiece;
to consume;
expendable;
instant;
junk;
to launch;
mascot;
obese;
tie-in;
packaging;
youngster.

Agreement

Yes, I agree with you.
I completely agree.
I know for sure.
I think you're right.
Right.
That's right.
Absolutely.
I suppose so.
Exactly.

i 3. Listen, read the words and their definitions, translate them and make some sentences with these words.

i 4. Look at the photos and guess the names of the countries. Name these countries and say which cuisine is the best in your opinion. Give your reasons.

i 5. Read the text about the festival "Tasty Europe" and say what countries were presented at the festival.

i 6. Read the text again and answer the questions.

Find the English meanings of these words:

незвичайний, чудовий, дивовижний, видатний, екстраординарний; кухня; кулінарна майстерність; кулінарний, кухонний, куховарський; шедевр; намір, прагнення; досягати своєї мети; розуміння, поняття, уявлення; споживати, витратити, поїдати, поглинати; який споживається, витрачається; миттєвий негайний; некорисна їжа; випускати, започатковувати; фігурка, талісман; повний, який страждає на ожиріння; продаваний як навантаженням до чогось іншого; упакування.

Read them.

7. Discuss in class.

1. Do you often go to fast-food restaurants?
2. Do you find it tasty?
3. Have you ever heard about the harm which it can cause to your health?

8. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|--|---|
| 1. to consume [kən'sju:m] <i>v</i> | (formal) to eat or drink smth |
| 2. expendable [ɪk'spendəbl] <i>adj</i> | not needed to be kept or saved any more |
| 3. instant ['ɪnstənt] <i>adj</i> | immediate |
| 4. junk [dʒʌŋk] <i>n</i> | (informal) food that is not healthy, for example, because it contains a lot of fat, sugar, etc. |
| 5. to launch [lɔ:ntʃ] <i>v</i> | to make a new product, book, etc. available for sale for the first time |
| 6. mascot ['mæskət] <i>n</i> | an animal or toy, or a person dressed as an animal, that represents a team or organisation, and is thought to bring good luck |
| 7. obese [əu'bi:s] <i>adj</i> | very fat in a way that is unhealthy |
| 8. tie-in ['taɪn] <i>n</i> | a product such as a record, book, or toy that is related to a new film, TV show, etc. |
| 9. packaging ['pækɪdʒɪŋ] <i>n</i> | the process of wrapping goods; materials which are used for packaging |
| 10. youngster ['jʌŋstə(r)] <i>n</i> | a young person or a child aged 8—14 |

FOCUS ON GRAMMAR

Relative Clauses

We use relative clauses to give additional information about something without starting another sentence. By combining sentences with a relative clause, your text becomes more fluent and you can avoid repeating certain words.

Relative Pronouns

Relative pronoun	Use	Example
who	subject or object pronoun for people	I have told you about the woman <i>who</i> lives next door.
which	subject or object pronoun for animals and things	Do you see the cat <i>which</i> is lying on the roof?
whose	possession for people, animals and things	Do you know the boy <i>whose</i> mother is a nurse?

Relative pronoun	Use	Example
what	referring to a whole sentence	He couldn't understand <i>what</i> surprised me.
whom	object pronoun for people, especially in non-defining relative clauses (in defining relative clauses we colloquially prefer <i>who</i>)	I was invited by the professor <i>whom</i> I met at the conference.
that	subject or object pronoun for people, animals and things in defining relative clauses (<i>who</i> or <i>which</i> are also possible)	I don't like the table <i>that</i> stands in the kitchen.

Relative Adverbs

Relative adverb	Meaning	Use	Example
when	in/on which	refers to a time expression	the day <i>when</i> we met him
where	in/at which	refers to a place	the place <i>where</i> we met him
why	for/which	refers to a reason	the reason <i>why</i> we met him

Defining Relative Clauses

Defining relative clauses (also called *identifying relative clauses* or *restrictive relative clauses*) give detailed information defining a general term or expression. Defining relative clauses are not put in **commas**.

Non-Defining Relative Clauses

Non-defining relative clauses (also called *non-identifying relative clauses* or *non-restrictive relative clauses*) give additional information on something, but do not define it. Non-defining relative clauses are put in **commas**.

Note: In non-defining relative clauses, *who/which* may not be replaced with *that*.

How to Shorten Relative Clauses?

In relative clauses with **who**, **which**, **that**, a subject pronoun can be replaced with a **participle**. This makes the sentence shorter and easier to understand.

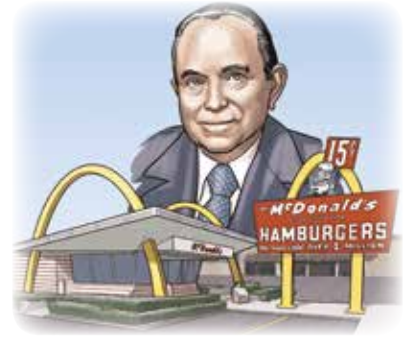
I've told you about the woman *who lives* next door. — I told you about the woman *living* next door.

Do you see the cat *which is lying* on the roof? — Do you see the cat *lying* on the roof?



9. Read the text and arrange the passages in the correct order.

- The doctors at Texas Children's Hospital told me that they had young patients who were dying of cancer, and it was hard to make them eat something. At least these poor kids ate some fry, took a bite of a hamburger, food they were familiar with. It was junk that they had been eating all their lives.
- Ray Kroc, the man of the McDonald's empire, understood that youngsters were his target market. He told Ronald McDonald that he had to attract the kiddies to burgers.
- Every moment of our lives, we swim in an ocean of advertising, all of it telling us the same thing: consume, consume. And then consume some more. The epidemic of overconsumption begins with the things we put in our mouths. The United States is the fattest nation on earth. 65 % of American adults are overweight; 30 % of adults are obese.
- McDonald's and the other fast-food chains make no secret of the fact that kids are their primary targets. Today, corporations spend more than \$15bn every year on marketing, advertising and promotions in order to program American children to consume, consume and consume some more. Why? Because they realise that children not only have more expendable income of their own, but they influence how their parents spend their hard-earned bucks, too, more than \$600bn a year. What do children choose to buy with all that cash? What do you think?
- But it's not enough to get young people to come to your restaurants; you have to get them to keep on coming back. McDonald's operates something like 8,000 playlands around America. Then there's the Happy Meal, launched in the US in 1979. It cost a dollar in those days. The meal-plus-toys packaging proved to be an instant hit, with the first Star Trek Happy Meals that very year. Soon, toy versions of all your favourite McDonald's mascots were included. Later, toys would be themed for tie-ins with brands and films such as Barbie, Hot Wheels, The Little Mermaid, Finding Nemo and so on. By 2003, Happy Meals accounted for about 20 % of all meals sold (about \$3,5bn in annual revenue).



10. Read the text again and decide if these statements are true or false. Correct the false statements. Then find relative clauses in the text, read them and translate.

1. The United States is the fattest nation on earth.
2. Children who died at Texas Children's Hospital had been eating fast food most time of their lives.
3. Ray Kroc didn't count on children as the main clients of his restaurants.
4. Ronald McDonald was a fiction character.
5. It's quite enough to propose children a meal with a toy inside to make them come back again and again.
6. Happy Meal was launched in early 90s.

11. Complete the sentences using relative clauses. Use *who* and *which*.

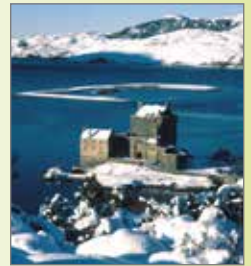
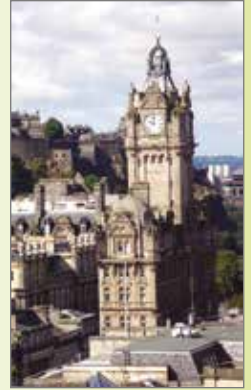
1. A Scot is a person... (live in Scotland).
2. Nessie is a monster... (live in Loch Ness).
3. A fridge is a thing... (keep food cool).
4. A DJ is someone... (play music in a disco).
5. A bee is an insect... (make honey).
6. A lemon is a fruit... (be yellow and sour).
7. A watch is a thing... (tell the time).
8. A ferry is a means of conveyance... (carry people across the water).
9. A shop assistant is someone... (work in a shop).
10. A key is a thing... (can open and lock doors).



12. Combine the sentences using relative clauses. Use relative pronouns only where necessary. Note that you have to use commas in some of the sentences.

A Holiday in Scotland

1. We have spent our holiday in Scotland this year. Scotland is in the north of Great Britain.
This year we...
2. People live in Scotland. They are called the Scotch.
The people...





Ben Nevis



Fort William

3. We first went to Edinburgh. Edinburgh is the capital of Scotland.
We first...
4. Arthur Conan Doyle was born in Edinburgh. He wrote the Sherlock Holmes stories.
Arthur Conan Doyle...
5. Then we visited a lake. It is in the Highlands.
The lake...
6. Loch Ness is 37 km long. People know it for its friendly monster.
Loch Ness...
7. There we met an old man. He told us that he had seen Nessie.
An old man...
8. Then we travelled to a mountain. The mountain is near the town of Fort William.
Then we...
9. The mountain is the highest in Great Britain. It is called Ben Nevis.
The mountain...
10. Yesterday I sent you a postcard. It was written on the summit of Ben Nevis.
The postcard...

13. Write definitions using relative clauses.

1. A library is...
2. A toad is...
3. A masquerade is...
4. A nocturne is...
5. A disco bar is...
6. A mousetrap is...
7. A mosquito is...
8. A stomachache is...
9. A ghost is...
10. A scientist is...
11. The Ukrainian cuisine is...



14. Homework. Write a paragraph about the traditions of cuisine of the country which you like most.



1. Work in pairs. Discuss the problem of being overweight or obese. What food makes people obese or overweight?

2. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|---|--|
| 1. parsley ['pɑ:sli] <i>n</i> | a plant with curly green leaves used in cooking as a herb or to decorate food |
| 2. dill [dɪl] <i>n</i> | a plant whose leaves and seeds have a strong taste and are used in cooking as a herb |
| 3. garlic ['gɑ:lɪk] <i>n</i> | a vegetable with a very strong taste and smell used in cooking |
| 4. sorrel ['sɒrəl] <i>n</i> | a plant with bitter leaves used in cooking as a herb |
| 5. to chop [tʃɒp] <i>v</i> | to cut smth into pieces |
| 6. pickled ['pɪkld] <i>adj</i> | food preserved in salt water or vinegar |
| 7. cottage cheese [ˌkɒtɪdʒ 'tʃi:z] <i>n</i> | soft white cheese |
| 8. pancake ['pæŋkeɪk] <i>n</i> | a thin flat round cake made from a mixture of flour, eggs and milk that is fried on both sides |
| 9. beverage ['bevərɪdʒ] <i>n</i> | any type of drink, except water |
| 10. prune [pru:n] <i>n</i> | a dried plum |
| 11. overweight [ˌəʊvə'weɪt] <i>adj</i> | too heavy and fat (about people) |
| 12. junk [dʒʌŋk] <i>n</i> | things that are considered useless or of little value |
| 13. obese [əʊ'bi:s] <i>adj</i> | (about people) very fat |

3. Read the newspaper article about unhealthy food. Some parts of the text are missed. Choose from the list (A—H) the most appropriate part for each gap (1—5) in the text. There are three extra parts that you don't need to use.

- A about staying healthy
- B to drink water
- C fast food
- D even obese
- E becoming more overweight
- F too much fat and sugar
- G costs much
- H junk food



Junk Food

One of the most important tasks is the task of bringing up a healthy generation. The problem is that children are ...⁽¹⁾. If children weigh too much, they are less productive and have problems with their health.

Junk food makes people overweight. Chips, soda, sweets, chocolate, fast food and sugary snacks are called ...⁽²⁾. Junk food isn't healthy for people. Most junk food contains ...⁽³⁾. But teenagers and children like eating junk food. So, they can become overweight or ...⁽⁴⁾.

Words to learn:

- parsley;
- dill;
- garlic;
- sorrel;
- to chop;
- sauerkraut;
- pickled;
- cottage cheese;
- pancake;
- beverage;
- prune;
- overweight;
- junk;
- obese.



Find the English meanings of these words:

петрушка;
кріп;
часник;
щавель;
нарізати, кришити;
квашена капуста;
маринований;
домашній сир;
оладка, млинець;
напій;
чорнослив;
занадто важкий;
погані, некорисні
речі;
повний.

Read them.

In order to help our children become healthier we have to talk to them ...⁽⁵⁾ and to persuade them to exercise more and not to eat so much junk food. Exercise helps keep our weight down.

The following chart shows how many calories we use when doing different forms of exercise for one hour.

Type of exercise	Number of calories used	Type of exercise	Number of calories used
walking	200—400	jogging	500—600
walking upstairs	600—700	aerobics	400—500
swimming	400—500	tennis	450—550
cycling	500—600	gardening	250—300

4. Answer the questions. Use the text about junk food.

1. Who has problems with health?
2. What foods are called junk food?
3. Is junk food healthy?
4. What does most junk food contain?
5. What do children have to do to be healthy?

5. Work in pairs. Take turns to ask and answer questions about junk food you eat. Present the results of your work to the classmates.

6. Read the text below. For each of the empty spaces (1—10) choose the correct answers (A, B, C or D). Say what Ukrainian dishes you like most and which of them in your opinion are healthy and which aren't.

Ukrainian Cuisine

Dishes of Ukrainian cuisine are known all over the world. All foreigners are impressed greatly by Ukrainian cuisine, its diversity and uniqueness. Ukrainian cuisine has a long history and ... closely ...⁽¹⁾ to the customs, traditions, culture and a way of life of the Ukrainians. There are many dishes in Ukrainian cuisine which ...⁽²⁾ by high taste qualities.





The most popular Ukrainian dishes ...⁽³⁾ borsch, green (zelenyi) borsch, yushka, olivier salad, vinehret salad, varenyky, holubtsi, chicken Kyiv, mlyntsi, pampushky, pies (pyrohy), uzvar and many others.

But the most famous Ukrainian dish is borsch. It is a vegetable soup which ...⁽⁴⁾ cabbage, potatoes, carrots, beets, tomatoes, onions, parsley, garlic, dill, beans, mushrooms. It can ...⁽⁵⁾ with meat, too. There are different varieties of this dish. Every housewife has her own recipe of borsch.

Green (zelenyi) borsch is made of sorrel, potatoes, carrots, onions, parsley and dill, served with chopped hard-boiled eggs and sour cream.

Yushka is a fish soup made of freshwater fish, usually carp, bream, dill, parsley. It can ...⁽⁶⁾ be cooked with carrots and potatoes.

Olivier is a salad made of cooked and chopped vegetables: potatoes, onions, carrots and pickles, eggs, chicken or ham, canned peas mixed with mayonnaise.

Vinehret is a salad made of cooked and chopped vegetables: beets, carrots, potatoes, onions, pickles, canned peas or beans mixed with some sunflower oil and salt.

Varenyky are popular in Ukraine because they are very tasty. They ...⁽⁷⁾ with different fillings: potatoes and fried onions, mushrooms, cabbage, liver, meat, cottage cheese (curds), different berries and fruit, served with sour cream, butter or sugar. Not only Ukrainians but also foreigners like them very much, ...⁽⁸⁾.

Holubtsi are made of cabbage leaves (fresh or sour) filled with rice and meat or buckwheat with meat, served with sour cream.

Mlyntsi are pancakes filled with cottage cheese (curds), meat, cabbage, fruit and berries, jam, served with sour cream.

Traditional Ukrainian drink is uzvar. Uzvar is a ...⁽⁹⁾ beverage made of dried fruit, mainly apples, pears, plums, prunes.

Chicken Kyiv is a breaded cutlet dish of boneless chicken breast pounded and rolled around cold butter with herbs and then fried or baked.

Wheat products and bread are also very important for the Ukrainians, among them there are traditional wedding bread and an Easter





cake. Traditional wedding bread is called “korovai” and an Easter cake — “paska”. Of course we have to mention Ukrainian “salo” and “kasha”.

Kartoplianyky — fried potato cakes with added flour and eggs, kruchenyky — meat rolls with a vegetable filling, nalysnyky — thin pancakes wrapped around a filling of curds, meat, jam, berries, mushrooms are very popular among Ukrainian lovers of tasty food, too.

In a word, Ukrainian national cuisine is rich ...⁽¹⁰⁾ different tasty dishes.



	A	B	C	D
1	is linking	is linked	are linked	have linked
2	characterise	is characterised	characterising	are characterised
3	is	have	are	being
4	making	is made of	have made of	has made of
5	cooks	must cook	is cooking	be cooked
6	also	too	either	neither
7	are cooked	cooked	is cooked	are cooking
8	too	also	either	never
9	sour	bitter	sweet	salty
10	on	at	in	between



7. Work in pairs. In turn ask and answer questions about traditional Ukrainian meals and complete the table.

Food



The names of foods	Tasty	Healthy	Unhealthy
fruit	+	+	
chocolate	+		+



8. Homework. Write a letter to your pen friend about Ukrainian dishes you like to eat. Point out which dishes are useful and which are harmful in your opinion.

1. Warm-up. Read these sentences and discuss in class. "I eat to live", "I like to eat". What is the difference between these two sentences? Give your reasons.

2. Listen, read the words and their definitions, translate them and make some sentences with these words.

- | | |
|--|--|
| 1. decade ['dekeɪd; dɪ'keɪd] <i>n</i> | a period of ten years |
| 2. omelette ['ɒmlət] <i>n</i> | a hot dish of mixed fried eggs |
| 3. substantial [səb'stænʃl] <i>adj</i> | considerable; important |
| 4. cereal ['sɪəriəl] <i>n</i> | food made from the grain of cereals |
| 5. prawn [prɔːn] <i>n</i> | a shellfish with a tail and ten legs |
| 6. scone [skɒn; skəʊn] <i>n</i> | a small round cake often eaten with jam, cream or butter on it |
| 7. pastry ['peɪstri] <i>n</i> | a mixture of flour, fat and milk or water and baked for pies |
| 8. ginger ['dʒɪndʒə(r)] <i>n</i> | a plant used in cooking as a spice |
| 9. cinnamon ['sɪnəmən] <i>n</i> | the inner bark of a SE Asian tree used in cooking as a spice |
| 10. casserole ['kæsərəʊl] <i>n</i> | a hot dish made with meat, vegetables, etc. |
| 11. pastry ['peɪsti] <i>n</i> | a small meat or vegetable pie |
| 12. sodium ['səʊdiəm] <i>n</i> | (symb Na) a chemical element |
| 13. potassium [pə'tæsiəm] <i>n</i> | (symb K) a chemical element |
| 14. calcium ['kælsiəm] <i>n</i> | (symb Ca) a chemical element |
| 15. sprout [sprəʊt] <i>n</i> | a new part growing on a plant |

3. Read the text and say if the food you eat is healthy.

Vitamins, calcium, sodium, potassium and other minerals are very important for us.

Vitamins:

C is very good for our teeth and bones. It is found in lemons, oranges, currants and broccoli.

E is very important for our skin. It is found in broccoli, cereals, nuts and lettuce.

A is good for our eyes. It is found in fish, fruit, carrots and broccoli.

D is important for our bones. It is found in eggs, cheese, milk and butter.

Calcium is good for bones and teeth. It is found in yoghurt, cheese, milk.

Sodium helps us keep the right amount of water in our bodies. It can be found in cheese, seafood and salt.

Potassium is important for our muscles, heart and nerves. It can be found in meat, bananas, raisins and apricots.

Words to learn:

decade;
omelette;
substantial;
cereal;
prawn;
scone;
pastry;
ginger;
cinnamon;
casserole;
pastry;
sodium;
potassium;
calcium;
sprout.



Find the English meanings of these words:

десятиліття;
омлет;
істотний, важливий;
хлібний злак;
креветка;
корж, булочка;
здобне тісто;
імбир;
кориця;
запіканка;
пиріг;
натрій;
калій;
кальцій;
відросток,
паросток.

Read them.



4. Work in groups. Discuss what food is good for you and why, and what food is bad for you and why. Give your reasons. Present the results of your discussion to the class.

These words can help you:

healthy, unhealthy, useful, harmful, tasty, sweet, acid, salty, bitter, horrible, disgusting, spicy, fatty, important, good, bad, bones, teeth, eyes, muscles, nerves, skin, legs, hands, to grow, to be strong and healthy, to do sports, to exercise, junk food, vegetables, fruit, grain, vitamins, minerals.

5. Read the text below. For each of the empty spaces (1—10) choose the correct answers (A, B, C or D). Say what English dishes you like most.

English Cuisine

Traditional English cuisine ... usually ...⁽¹⁾ as conservative and unvaried. But national cuisine in Britain ...⁽²⁾ greatly by other national cuisines in recent decades. We can find types of food from all the corners of the world because of the people who come to Britain from all over the world and bring with them their recipes, culinary secrets and food. Italian, French, Chinese, Mexican, Greek, Indonesian and other national restaurants ...⁽³⁾ in Britain.

As for traditional British cuisine the English usually have four meals a day: breakfast, lunch, tea, dinner and sometimes supper.

In the morning they can have the full “English breakfast” or the “continental breakfast”. The full “English breakfast” ...⁽⁴⁾ of corn-flakes with milk and sugar, cheese or sausages, omelettes often with bacon, sausages or cheese, porridge (cereal), toast with marmalade, tea, coffee or orange juice.

This classic English breakfast is rather substantial and as you see it includes not only porridge though cereals are very important in the national menu and are often cooked for breakfast.

The “continental breakfast” consists ...⁽⁵⁾ a cup of tea or coffee with toast. It is not a substantial breakfast.





Between 12 and 14 o'clock the English have lunch. Many people who work find it difficult to come home for lunch. So, they go to cafés, coffee bars, sandwich bars, restaurants, fast-food restaurants to have lunch. As a rule, lunch consists of sandwiches as it is a fast meal for many Englishmen. The English can choose all sorts of sandwiches, such as sandwiches with meat, chicken, ham, bacon, cheese, fish, prawns, eggs, vegetables and lettuce. By the way, sandwiches with different fillings are a traditional British snack. They also can have steak, roast beef, pudding, fish and chips, potatoes and salad or fruit.



Afternoon tea ...⁽⁶⁾ at about 5 o'clock. It is a traditional light meal after work. People enjoy their tea with biscuits, cakes, freshly baked sweet buns, scones and other pastries. The British drink tea with and without sugar, with lemon, ginger, cinnamon, honey or milk. It is impossible to imagine the British cuisine without tea. The English have it 6 or 8 times a day, sometimes even more. It is their national drink.



Dinner is the most substantial meal of the whole day and is taken at 7 o'clock. For dinner the British often have soup though it is not very popular in Britain. As the main course they have poultry, fish or meat with vegetables or mashed potatoes, roast chicken, turkey or lamb. They also can have the most well-known roast beef with grilled vegetables, roast potatoes or Yorkshire pudding. For dessert they ...⁽⁷⁾ pudding with ice cream or jam, a fruit pie, or cheese with biscuits.



Supper in Britain is the last meal of the day and ...⁽⁸⁾ at 11 o'clock in the evening. It consists of just a cup of tea or coffee, a bowl of cream soup, cheese or fruit. But very often it is skipped.



Of course, some dishes of the British cuisine are special. They are the famous shepherd's pie, Cornish pasty, Scotch eggs, fish and chips. The famous shepherd's pie is a potato casserole with minced beef. The Cornish pasty is a layered pie with meat, onion, potatoes, carrots and spices. The Scotch eggs, called picnic eggs, are common ...⁽⁹⁾ eggs



that are wrapped in minced sausages and breading and then fried or baked. The dish “fish and chips” consists of ...⁽¹⁰⁾ chops from fish and French fries.

On Christmas Day a roast turkey is traditionally cooked for dinner. It is served with vegetables like roast potatoes, carrots, cabbage, Brussels sprouts, peas, roast onions and other trimmings. And it is usually followed by Christmas pudding.



As Great Britain is an island surrounded by some of the richest fishing areas of the world, fish is very important for the Englishmen, too.

The English consider their cuisine the best in the world and are really proud of it.



	A	B	C	D
1	is describing	are described	is described	describes
2	changing	has changing	has changed	changed
3	can be found	founding	is found	found
4	consisted	consists	consisting	consist
5	on	with	of	in
6	are taken	is taking	took	is taken
7	had	can have	are having	has
8	is taken	was taken	were taken	taking
9	are boiled	is boiled	were boiling	boiled
10	fried	fry	fryer	frying



6. Work in pairs. In turn ask and answer questions about traditional English meals and complete the table.



The names of foods	Tasty	Healthy	Unhealthy
vegetables	some are tasty	+	
junk food	+		+



7. Work in groups. Compare English and Ukrainian meals. Fill in the tables. Add your variants of English and Ukrainian meals.

English Meals

Breakfast	Lunch	Dinner	Supper
bowl of cornflakes and a cup of tea	a sandwich and a glass of juice	— meat or fish and vegetables; — pudding; — a cup of tea or coffee	a sandwich and orange juice

Ukrainian Meals

Breakfast	Lunch	Dinner	Supper

8. Work in pairs. Read the recipe of pizza. Think of the recipe of your favourite dish. Present it to your classmates.

Pizza Recipe. Topping

100g of flour
25g of butter
a pinch of salt
2 tablespoons of milk
2 tomatoes
50g of cheese
(other toppings: mushrooms, carrots, eggs, chicken meat, ham, sausage, olives)



1. Put the flour and salt into a bowl.
2. Cut the butter into small pieces and mix in with the flour.
3. Add some milk and mix a dough.
4. Oil the pan.
5. Put the dough onto the oiled pan.
6. Put the topping on the dough — grated cheese, sliced tomatoes and mayonnaise.
7. Bake for about 15 minutes in a hot oven.
8. Enjoy your pizza.



Responding to thanks

Not at all.
No problem.
That's OK.
My pleasure.
It's a pleasure.
Don't mention it.
Any time.
You're welcome.





9. Discuss in class. What are the main threats to our health in the 21st century?

These words and expressions can help you:

to overuse, to spread, to pollute, to cause, to get warmer, to become resistant, to change, to disappear, to treat, climate, tropical diseases, global, aids, pollution, allergies, asthma, obesity, obese, diabetes, health problems, junk food, television, computer, medicine, the Internet, computer games, new diseases.



10. Play a game. Divide into two teams. One team says a word related to English and Ukrainian cuisine, the other team makes a sentence using this word. Each correct sentence gets a point. The team with the most points is the winner.



11. Homework. Write your favourite recipe.



1. Work in pairs. Discuss. Do you agree with the statements below?

1. We should eat at least five different vegetables or fruits a day.
2. Fresh vegetables contain more vitamins than frozen or cooked ones.
3. Potatoes contain vitamin C.
4. Fruit juice contains as much fibre as fruit.
5. Nuts and beans are a source of protein.
6. Calcium is found in dairy products.
7. A well-balanced diet includes food like bread, pasta, cereals, bananas and rice.
8. Chocolate is bad for you.



2. Work in groups. Discuss. How much of the food mentioned in Ex. 1 do you eat?

1. Do you like cooking when you have free time?
2. Isn't it a good idea of spending free time?



Disagreement

Yes, but...

True, but...

I can't agree with you.

I disagree with you.
I'm afraid I disagree with you.

I'm not sure that's right.

I agree to some extent, but...

I'm not sure I can accept that.

There might be some truth in that, but...

FOCUS ON GRAMMAR

Direct Speech

We often have to give information about what people say or think. In order to do this you can use direct or quoted speech, and indirect or reported speech.

Saying exactly what someone has said is called direct speech.

For example:

She said, "Today's lesson is a presentation". or
 "Today's lesson is a presentation," she said.

Indirect Speech/Reported Speech

Indirect speech doesn't use quotation marks to enclose what a person said and it doesn't have to be a word-for-word quotation.

When we use reported speech the tense usually changes. This is because when we use reported speech, we usually talk about a time in the past. The verbs usually have to be used in the past, too.

For example:

Direct Speech

"I'm going to the cinema", he
said.

Indirect Speech

He said he was going to the
cinema.

Tense Change

As a rule when you report something someone has said you have to change the tense:

Direct Speech	Indirect Speech
<i>Present Simple</i> She said, "It's cold".	› <i>Past Simple</i> She said it was cold.
<i>Present Continuous</i> She said, "I'm teaching English at school".	› <i>Past Continuous</i> She said she was teaching English at school.
<i>Present Perfect</i> She said, "I've been on the web since 1999".	› <i>Past Perfect</i> She said she had been on the web since 1999.
<i>Present Perfect Continuous</i> She said, "I've been teaching English for seven years".	› <i>Past Perfect Continuous</i> She said she had been teaching English for seven years.
<i>Past Simple</i> She said, "I taught online yesterday".	› <i>Past Perfect</i> She said she had taught online the day before.
<i>Past Continuous</i> She said, "I was teaching earlier".	› <i>Past Perfect Continuous</i> She said she had been teaching earlier.

Direct Speech	Indirect Speech
Past Perfect She said, "The lesson had already started when he arrived".	> Past Perfect No change — She said the lesson had already started when he arrived.
Past Perfect Continuous She said, "I'd already been reading for five minutes".	> Past Perfect Continuous No change — She said she'd already been reading for five minutes.

Modal verb forms also change:

Direct Speech	Indirect Speech
will She said, "I'll teach English online tomorrow".	> would She said she would teach English online the next day.
can She said, "I can teach English online".	> could She said she could teach English online.
must She said, "I must have a computer to teach English online".	> had to She said she had to have a computer to teach English online.
shall She asked, "What shall we learn today?"	> should She asked what we should learn that day.
may She said, "May I open a new browser?"	> might She asked if she might open a new browser.

Note — The words *could*, *would*, *should*, *might* and *ought to* don't change.

Direct Speech

"I might go to the cinema," he said.

Indirect Speech

He said he might go to the cinema.

You can use the present tense in reported speech if you want to say that something is still true.

Direct Speech

"My name is Lynne," she said.

Indirect Speech

She said her name was Lynne.

or

She said her name is Lynne.

You can also use **the present tense** if you are talking about a future event.

Direct Speech (exact quote)

“Next lesson is on reported speech,” she said.

Indirect Speech (not exact)

She said next lesson is on reported speech.

Time Change

If a reported sentence contains an expression of time, you must change it to fit in with the time of reporting.

For example, we need to change words like *here* and *yesterday* if they have different meanings at the time and place of reporting.

Today

+ 24 hours — Indirect Speech

“Today’s lesson is a presentation.”

She said yesterday’s lesson was a presentation.

Expressions of time if reported on a different day

this (evening)	>	that (evening)
today	>	yesterday...
these (days)	>	those (days)
now	>	then
(a week) ago	>	(a week) before
last weekend	>	the weekend before last/the previous weekend
here	>	there
next (week)	>	the following (week)
tomorrow	>	the next/the following day

In addition, if you report something that someone said in a different place from where you heard it, you must change the place (*here*) to the place (*there*).

For example:

“How long have you worked here?”

She asked me how long I’d worked there.

In reported speech, the **pronoun** often **changes**.

For example:

“I teach English online.”

She said she taught English online.

Reporting Verbs

Said, *told* and *asked* are the most common verbs used in *indirect* speech.

We use *asked* to report questions:

For example: I *asked* Lynne what time the lesson started.

We use *told* with an object.

For example: Lynne *told* me she felt tired.

!Note — Here *me* is the object.



We usually use **said** without an object.

For example: Lynne said she was going to teach online.

If **said** is used with an object, we must include **to**;

For example: Lynne said to me that she'd never been to China.

!Note — We usually use **told**.

For example: Lynne told me that she'd never been to China.

There are many other verbs we can use apart from **said**, **told** and **asked**.

They are:

accused, admitted, advised, alleged, agreed, apologised, begged, boasted, complained, denied, explained, implied, invited, offered, ordered, promised, replied, suggested and thought.

Using them properly you can make what you say much more interesting and informative.

For example:

He asked me to come to the party.

He invited me to the party.

He begged me to come to the party.

He ordered me to come to the party.

He advised me to come to the party.

He suggested I should come to the party.

Use of **'that'** in reported speech

In reported speech, the word **that** is often used.

For example: He told me that he lived in Greenwich.

However, **that** is optional.

For example: He told me he lived in Greenwich.

!Note — **That** is never used in questions, instead we often use **if**.

For example: He asked me if I would come to the party.



3. Look at the photos. Name these television personalities who transform the popularity of the Ukrainian cuisine and teach us to cook.





4. Read the text and discuss in class. Are these programmes popular in Ukraine? Why/Why not?

Unlike Western culture, when it is fashionable to invite friends to a restaurant for a meal, the Ukrainians ask their friends to come to their home, where a meal is a show of honour for their guests.

They say if you know what a pleasure it was to watch the guests tasting their food. So, our television personalities pick up recipes, adapt them, cook these dishes, taste them and then tell us in order to help in our cooking.

If people cook with love then the process of cooking will be transformed into art. Can creativity make bored? So, it is not possible to teach to cook a person who doesn't get any pleasure from it.

5. Discuss in class. Is cooking an interesting way of spending your free time?

6. Answer the questions. Linda, an American journalist, has come to your class. She wants to know as much as possible about Ukrainian cuisine.

1. Is Ukrainian cuisine rich in tasty dishes?
2. What are the most popular Ukrainian dishes in your opinion? Why?
3. What are your favourite dishes? Why?
4. Can you cook Ukrainian dishes?
5. Do you like cooking?
6. Are there any dishes that you do not like cooking?
7. Did you cook anything when you were younger?
8. At what age did you cook your first dish?
9. Have you cooked breakfast today?

7. Transform Linda's questions into indirect ones. "Focus on Grammar" can help you.

The example: Linda asked if Ukrainian cuisine was rich in tasty dishes.



8. Pop quiz. What do you know about yourself?



9. Homework. Write a recipe of your favourite Ukrainian dish.